

## How to pad the inside of the CMCcare thumb brace with Gel Mate™ silicone gel\*

\*Gel Mate and CMCcare thumb brace sold separately

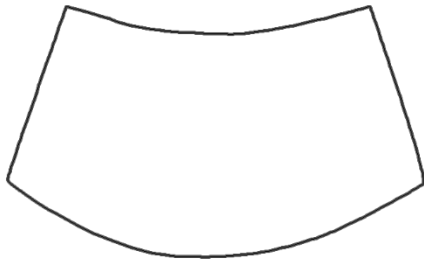
The patterns below will help you create a pad to cushion the inside of your CMCcare thumb brace

Step 1 Carefully cut out the pattern that corresponds to the size brace you purchased

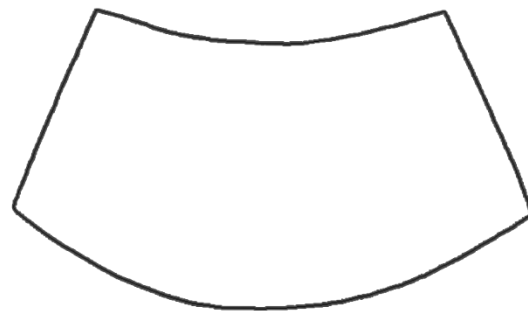
Step 2 Please watch the video on the link below for step-by-step instructions to help you position the pad for the best result

<https://www.ohmyarthritis.com/Shop-Splints/Thumb-Splints/CMCcare-Thumb-Brace.html>

Cut out this pattern if your  
brace is a size small



Cut out this pattern if your brace  
is a size medium or large



To wash Gel Mate pads:

- Carefully remove the pad from the brace
- Wash the pad with soap and water and lay it gel side up on a flat surface. Air dry
- When dry, place the pad inside the CMCcare brace
- Replace pad when it becomes worn or no longer adheres to the brace

For more information visit  
[www.ohmyarthritis.com](http://www.ohmyarthritis.com)  
or contact customer service at  
**888-378-7763**  
Mon-Fri 8:30 to 5:00 EST